

SLOVAKIANS PROVE THAT HEMI-SYNC® IS UNIVERSAL

by Peter Simkovic

Peter and Miroslav JL Simkovic and Peter's wife, Vierka, serve the expanding self-development movement in Slovakia through their ANNWIN Center. This article demonstrates that Hemi-Sync fosters personal growth in every environment. Even Patrik, Peter and Vierka's young son, has peacefully slept through workshops!

ANNWIN Center for Support and Development of Human Potential, a nonprofit educational organization, was established in Banska Bystrica, Slovakia, in 1995. Its principal activities are focused on mental and physical health. The main approaches that we use in our work are: process-oriented psychotherapy, as developed by Dr. Arnold Mindell; shamanism, as taught by Michael Harner; and of course Hemi-Sync, which was introduced to us by Jill and Ronald Russell, with whom we stayed while visiting Scotland in August 1995.

The Slovak nonprofit sector, as a part of civic society in a democratic state, was created in 1990 after the "velvet revolution" in the former Czechoslovakia. The economy in Slovakia is in very poor condition, and only a few companies are open to supporting the nonprofit sector. Therefore, many NGOs are financially supported through foreign foundations—such as the Open Society Foundation of George Soros and the Civil Society Development Foundation of the European Union—and through various funds of the U.S., British, and Netherlands embassies.

Since 1996 we have been presenting weekend residential antistress courses and evening antistress classes based on the Hemi-Sync technology. The residential courses are designed for participants from the whole country, while the evening classes are designed for the local community. In these programs we use the powerful tools that are part of the GATEWAY EXPERIENCE® program. Most of our participants who have done various types of meditation appreciate the deep states of relaxation achieved during the *Deep Ten Relaxation* exercise, which they have not experienced with other methods. The use of the Energy Conversion Box, Resonant Tuning, and Rebal help individuals to cope better with the stressful situations in their daily lives. For strengthening resistance to stress, we use a variety of HUMAN PLUS tapes—*Let Go* and *Relax*, for example. After each tape, the opportunity to share their experiences helps participants to turn them to better use. We have also organized antistress courses for members of the Syndicate of Journalists (a professional organization of Slovak journalists) and for physicians, including neurologists, psychiatrists, psychologists, and other specialists.

Here are two brief accounts of participants in ANNWIN courses. Jana, a sixty-year-old neurologist living in Banska Bystrica is strongly interested in spirituality. She joined the

antistress evening class for the first time in 1997. She practices hatha yoga and—surprised by her own deep relaxation while listening to Hemi-Sync—she invited several of her yoga friends to attend a course. Jana has since repeated the course three or four times.

Helena, a journalist working with the Slovak Press Agency, visited several specialists because of a very poor sleep pattern. She was worried that she would not be able to relax during the tapes; however, I encouraged her to work with the rest of the group. She attended a weekend residential course, and after a day and night of relaxation in the mountain country, with plenty of walking in natural surroundings, she fell asleep during a Focus 12 exercise. She was so happy! She could not believe it had happened. Helena is now using *Sleeping through the Rain* successfully as a solution to her problem.

In 1998 we started working in the social area, mostly with mentally and physically disabled people, and with the elderly. As part of our work with groups of people caring for the terminally ill and dying, we prepared a project based on the *GOING HOME*® exercises. Jill and Ronald Russell first presented the prototype in Slovakia in October 1999. Tapes from both the *GOING HOME* Support and Subject albums were used. Following that course the participants proposed the idea of establishing informational and experiential exchange, so we set up the *GOING HOME* Network Project (GHNP). This project involves doing more *GOING HOME* courses, the first of which took place early in 2000. For many participants these courses proved to be the only places where they were able to speak openly for the first time about the death of their loved ones. Belonging to a group where these topics are addressed provides very strong emotional support. GHNP is an educational and experiential base for those who are involved with terminally ill and dying persons. The support of network members will be delivered not only through Hemi-Sync courses but also through hospice and palliative care workshops and courses. ANNWIN will act as a service organization and we plan to offer services for hospice-oriented organizations.

As an example of GHNP outreach, I will give Lucia as an illustration. Lucia is a twenty-three year-old university student. She attended the *GOING HOME* course for the first time in March of this year. Three weeks later, she found her mother in bed after a massive stroke further complicated by two heart attacks. Lucia lives with her mother and brother, as her parents divorced three years ago. She alerted the emergency rescue service and managed everything to do with her mother's stay in the hospital. She was very worried that her mother would die even when her condition had been stabilized. The neurosurgeons could not take action regarding the stroke, as her heart was extremely weak. Lucia and her brother discussed the situation seriously, deciding to go along with her mother's wishes if she needed to die but also to stay open to help her in her fight for life. Several weeks later Lucia's mother withstood brain surgery, which proved successful, and is now at home. I loaned her several Metamusic® tapes while she was hospitalized, and they helped her to be more relaxed. In those hectic days Lucia

was in close contact with us and expressed appreciation for the experiences and knowledge she acquired in the *GOING HOME* course.

In my opinion, Hemi-Sync is a valuable supportive technology both for professionals and for individuals who wish to develop themselves. We at ANNWIN greatly appreciate the role that this technology plays in our work. We are grateful to TMI for developing Hemi-Sync, to Monroe Products[®], to the Russells, and to those individuals who helped us by donating tapes.

Hemi-Sync[®] is a registered trademark of Interstate Industries, Inc.
© 2000 by The Monroe Institute